

Information and assistance

Other referral information for other forms of assistance:

- Tornado Hot Line:
612-787-3730
- Hennepin County Front Door: 612-348-4111
- United Way: 2-1-1 or
651-291-0211

For emergencies, call 9-1-1.

If you need this material in an alternative format please call Minneapolis Department of Health and Family Support at 612-673-2301 or email health.familysupport@minneapolismn.gov. Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626.

Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800

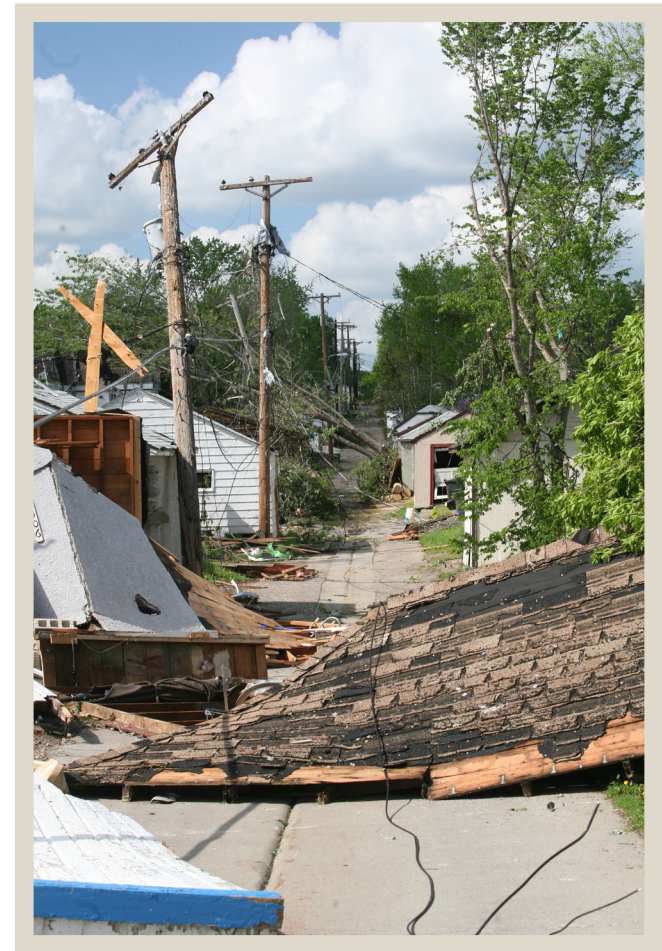
Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llame 612-673-2700

Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan wac 612-673-3500

Tips for self-care

- **Stay connected** to family and friends. Share your feelings, fears and concerns.
- **Enjoy everyday moments.** Delight in simple things that you and your loved ones like to do together.
- **Keep healthy.** Rest, exercise and try to eat regular, balanced meals.
- **Maintain your daily routine** as best you can.
- **Stay positive.** If the constant stream of bad news is getting you down, turn off the TV and radio.
- **Get help.** Consider talking to a trusted health professional.

Brought to you by the City of Minneapolis, Hennepin County, NorthPoint Health & Wellness Center, the Northside Community Response Team and the Minnesota Department of Human Services.



Tornado still taking a toll?

Damage from tornadoes isn't only about your homes and trees. Surviving a tornado can create feelings of stress, anxiety and fear as you deal with loss, clean-up and repair.

If you or someone you love is:

- Feeling more insecure, fearful, sad, worried about the future or angry.
- Worried that another tornado or storm will occur.
- Having problems being irritable, throwing temper tantrums or being agitated.
- Clinging to you or being extremely anxious.
- Having increased physical symptoms such as stomachaches, headaches, loss of appetite, nightmares, or sleep problems.
- Having problems at school, such as a drop in grades.

There is help

To schedule an appointment with a health care provider, call:

- NorthPoint Health & Wellness Center
612-543-2566
1313 Penn Ave. N., Minneapolis
- Hennepin County Mental Health Center
612-596-9438
1801 Nicollet Ave. S., Minneapolis
- Hennepin County Medical Center Acute Psychiatric Services
612-873-3161
701 Park Ave, Minneapolis



In crisis?

If someone is in an emotional crisis and in danger of harm or harming someone else, call a crisis response team (available 24/7):

For adults: 612-596-1223

For children: 612-348-2233

At school

Ask your child's school about the availability of on-site mental health services for children.